Supplementary Table 1. Correlations between IES-R score factors among Japanese rescue workers, 2015

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| --- | --- | --- | --- |
|   | Intrusion | Avoidance | Hyperarousal |
| Intrusion |  1 |  |  |
| Avoidance | 0.85\*\*\* |  1 |  |
| Hyperarousal | 0.84\*\*\* | 0.8\*\*\* | 1 |

Abbreviations: IES-R = Impact of Event Scale-Revised

\*\*\* *P* < 0.001

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| Supplementary Table 2. Correlations between items of the CD-RISC and factors of the IES-R score among Japanese rescue workers, 2015 |
| Item |  | Total IES-R scores  |  | Subscales of IES-R |
| No | CD-RISC scale | Total | < 25 | > 24 |  | Intrusion | Avoidance | Hyperarousal |
| 1 | Able to adapt to change | −0.16\* | −0.19 | −0.12 |  | −0.15\* | −0.13 | −0.19\*\* |
| 2 | Close and secure relationships | −0.05 | −0.21 | −0.04 |  | −0.04 | −0.04 | −0.08 |
| 3 | Sometimes fate or God can help | 0.10 | 0.28\* | 0.06 |  | 0.08 | 0.13 | 0.08 |
| 4 | Can deal with whatever comes | −0.16\* | −0.13 | −0.11 |  | −0.12 | −0.15\* | −0.18\* |
| 5 | Past success gives confidence for new challenges | −0.14\* | −0.08 | −0.17\* |  | −0.10 | −0.16\* | −0.14\* |
| 6 | See the humorous side of things | −0.07 | 0.25 | −0.09 |  | −0.09 | −0.05 | −0.07 |
| 7 | Coping with stress strengthens me | −0.06 | 0.16 | −0.08 |  | −0.03 | −0.06 | −0.09 |
| 8 | Tend to bounce back after illness or hardship | −0.11 | 0.08 | −0.11 |  | −0.09 | −0.09 | −0.14\* |
| 9 | Things happen for a reason | 0.05 | 0.25 | 0.00 |  | 0.05 | 0.05 | 0.03 |
| 10 | Make the best effort no matter what | −0.04 | 0.13 | −0.14 |  | 0.01 | −0.05 | −0.07 |
| 11 | Can achieve goals | −0.01 | 0.06 | 0.02 |  | 0.04 | −0.03 | −0.07 |
| 12 | When things look hopeless, don’t give up | −0.01 | 0.10 | −0.05 |  | 0.04 | −0.02 | −0.06 |
| 13 | Know where to turn for help | −0.11 | 0.00 | −0.07 |  | −0.09 | −0.10 | −0.13 |
| 14 | Under pressure, focus and think clearly | −0.12 | −0.04 | −0.09 |  | −0.07 | −0.12 | −0.17\* |
| 15 | Prefer to take the lead in problem solving | −0.12 | 0.07 | −0.10 |  | −0.08 | −0.12 | −0.14\* |
| 16 | Not easily discouraged by failure | −0.17\* | 0.05 | −0.15 |  | −0.16\* | −0.12 |  −0.23\*\* |
| 17 | Think of self as strong person | −0.13 | 0.16 | −0.08 |  | −0.12 | −0.09 |  −0.17\* |
| 18 | Make unpopular or difficult decisions | −0.10 | 0.14 | −0.11 |  | −0.08 | −0.10 | −0.09 |
| 19 | Can handle unpleasant feelings | −0.12 | 0.13 | −0.11 |  | −0.08 | −0.13 | −0.14 |
| 20 | Have to act on a hunch | 0.15\* | 0.25 | 0.12 |  | 0.13 |  0.18\* | 0.11 |
| 21 | Strong sense of purpose | 0.03 | 0.11 | −0.01 |  | 0.06 | 0.02 | 0.00 |
| 22 | In control of life | −0.03 | 0.12 | −0.04 |  | −0.01 | 0.00 | −0.08 |
| 23 | Like challenges | −0.09 | 0.08 | −0.09 |  | −0.08 | −0.09 | −0.09 |
| 24 | Work to attain goals | −0.07 | 0.08 | −0.06 |  | −0.03 | −0.08 | −0.09 |
| 25 | Pride in achievements | −0.07 | −0.04 | −0.08 |  | −0.05 | −0.06 | −0.11 |

Abbreviations: CD-RISC = Connor–Davidson Resilience Scale; IES-R = Impact of Event Scale-Revised

\* *P* < 0.05; \*\**P* < 0.01; \*\*\**P* < 0.001.